



# How's Knowledge, Attitudes, Family Roles, and Source of Information as Risky on Premarital Sex Behavior?

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## Abstract:

Risky sexual behavior in adolescents has been identified as being unsafe without legal marriage ties and may lead to various health problems. This integrative review aimed to identify and discuss the determinants of factors related to premarital sex behavior in adolescents. The evaluation was carried out in 14 studies that met the inclusion criteria. The factors evaluated consist of knowledge, attitudes, family roles, and individual information sources. This systematic review study used the PRISMA protocol with several databases, including CINAHL, DOAJ, Scopus, Garuda, Google Scholar, and PUBMED in the 2015-2020 year of publication. It found that there was a significant relationship among those four factors, which is knowledge, attitudes, family roles, and sources of information on premarital sex behavior in adolescents. The conclusion of this study it is strongly recommends that promoting healthy premarital sex behavior can be reached by utilizing education promotion strategies for adults, the quality of family parenting, and a smart use of technology.

**Keywords:** Adolescents, Risk Factors, Sexual behavior

## 1. INTRODUCTION

Premarital sexual behavior is a common phenomenon found among people today (Yolanda et al., 2019). Premarital sex behavior in adolescents is likely considered a normal thing to happen and is no longer a taboo subject for many people (Asmin & Mainase, 2020). According to the survey results of several developing countries, 46% of young women aged 14-17 years and 66.2% of young men in Liberia have had sexual practices, and 38% of young women and 57.3% of young men aged 15-19 years in Nigeria have had intercourse sexual (Winarti & Andriani, 2019). Data from the Indonesian Child Protection Commission (KPAI) reported that 62.7% of Indonesians, based on their current demographic conditions, have had casual sex or premarital sex. The survey results showed that teenagers are more likely to engage in sexual behavior, it is known that 22.6% of teenagers have had sex, 62.7% of senior high school (SMA) teenagers have lost their virginity, 97% have watched pornography, and 21.26% have had an abortion (Kemenkes, 2017). Moreover, the number of teenagers who died due to abortion, and giving

birth were amounted to 70,000 people, and 3.2 million teenagers aged 15-19 years were found to have had unsafe abortions (Kemenkes, 2017).

Adolescence is the transitional stage from childhood to adulthood (Yolanda et al., 2019). Self-changes that take place in adolescence consist of physical, cognitive, psychological and social changes, which result in adolescents tending to be more courageous in taking risks than in other age ranges (Wijayanti, 2019). Adolescence is known to be the early age of sexual development, so they still have unstable emotions regarding sexual behavior. As a result, people at this age tend to fall easily into irresponsible sexual behavior (Yundelfa & Nurhaliza, 2019).

In this matter, premarital sexual behavior is considered as any behavior driven by sexual desire performed alone, with the opposite sex or with the same sex, without any marital status. Premarital sexual behavior consists of 5: touching, kissing, necking, petting, and intercourse (S. N. Sari, 2019; Sebayang et al., 2018). According to Lisnawati and Lestari (2018), sexual behavior is categorized into two groups, namely mild sexual behavior and heavy sexual behavior (Lisnawati & Lestari, 2015). Mild sexual behavior includes holding hands, kissing cheek and kissing lips (D. N. Sari et al., 2018). While heavy sexual behavior can be in the form of groping the genitals and groping the chest. Adolescent sexual behavior is always progressive or elevated. It is common for them to begin with kissing on the lips and further necking or kissing up to the chest, and then continued with petting or sticking the genitals together. Necking or petting is usually done

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early before having genital sex (Alsubaie, 2019; Sebayang et al., 2018).

Premarital sex behavior can result in Indonesian adolescents being unable to continue school, get involved in the world of work, have a family and become a good member of society (Siregar & Handayani, 2018). Excessive sexual behavior in adolescents has a major impact on adolescents and their partners (Alsubaie, 2019; Sirojammuniro, 2020). In addition, adolescent sexual behavior is also considered to have an impact on increasing sexual problems such as unwanted pregnancy, married by accident, abortion, venereal diseases: sexually transmitted infections (STIs) and HIV/AIDS (Asmin & Mainase, 2020; Sirojammuniro, 2020).

Studies on adolescent problems and the context of premarital sexual behavior are more likely to be conducted. However, there has been no review of systematic studies or meta-analysis studies that examine the rationale with a focus on the factors influencing adolescent premarital sex habits (Purnama et al., 2020). Therefore, our goal for this integrative review is to summarize, identify and synthesize findings from the results of previous published studies on the determination of factors related to premarital sex behavior in adolescents. In this study, integrative reviews may be used as a useful reference for researchers and practitioners across disciplines in maintaining the relevance of eastern cultural traditions that strongly prioritize reason, spiritual values, and contextual concepts, that aim to reduce mortality and morbidity in adolescents as the next generation of the nation that upholds civilized values or norms and grows in the community well.

## 2. MATERIAL AND METHOD

In fulfilling the study and reporting procedures, we conducted systematic and meta-analysis based on the Cochrane Handbook for Systematic Review of

Interventions (Higgins et al., 2011) and followed the Guidelines for Systematic Review and Meta-analysis reporting items (Moher et al., 2009). The searches used to conduct journal reviews were adjusted to the PICOS framework (Population/problem, Intervention, Comparison, Outcome, and Study design), and journal terms were searched through Medical Subject Heading (MeSH).

### 2.1 Database and Search Strategy

#### Information Sources

Electronic data information sources are the main source in this study search system. This study used secondary data obtained from several databases, including CINAHL, DOAJ, Scopus, Garuda, Google Scholar, and PUBMED in the 2015-2020 publication year. Secondary data sources consisted of national and international journal articles according to the specified theme. We conducted a search on August 25, 2020, with a total of 14 journals and a total sample of 3,177 people. The variables used were knowledge, attitudes, family roles, sources of information, and adolescent premarital sex behavior. The protocol and evaluation of the literature review in this study used the PRISMA checklist to determine the completion of the studies that had been found and a comprehensive summary in the form of an integrated literature review of the determination of factors influencing premarital sex behavior in adolescents (Moher et al., 2009).

#### Search strategies based on keywords

Articles were searched using keywords and boolean operators (AND OR NOT or AND NOT), which were used to expand or specify the search, making it easier to determine the articles used. Keywords in literature review were adjusted with Medical Subject Heading (MeSH) from PUBMED.

**Table 1.** Search strategy based on keywords and Boolean operators

Factor	Behaviour	Premarital Sex	Adolescent
<b>Factors</b>	Sex Behavior	Premarital sex	Adolescent
OR	OR	OR	
Relationship	Sex Behavior	Premarital sex	
		OR	
		Casual Sex	

### 2.2 Inclusion and Exclusion Criteria

To identify the determination of factors related to risky sex behavior in Indonesian adolescents, researchers used studies from the last five years, namely 2015 – 2020, and were identified as eligible

if they contained primary data that: (1) were written in English or Indonesian, (2) were accredited national journal or international journal, (3) included other factors or variables related to premarital sexual behavior, and (4) used a sample of adolescents (aged 12 – 20 years). As for the exclusion criteria,

researchers did not use journals that: (1) used clinical trial study designs, (2) were non-original studies such as editorials, or letters, (3) examined married adolescent respondents, and (4) other intervention studies conducted in conjunction with the factor

analysis studied. Furthermore, the articles that had been identified will be continued at the journal review stage with the PICOS framework method (Moher et al., 2009).

**Table 2.** PICOS format in determining inclusion and exclusion criteria

Criteria	Inclusion	Exclusion
Population	Adolescent	Married teenagers
Intervention	No intervention	-
Comparison	No comparison	-
Outcome	Analysis of Factors Related to Premarital Sex Behavior	Analysis beyond the scope of Factors Related to Premarital Sex Behavior
Design Studies	Cross-Sectional	No exceptions
Year of Publication	2015-2020	Less than 2015
Languages	English, Indonesia	Another language of English, dan Indonesian

### 2.3 Quality Analysis

The quality of the methodology in this integrative study of literature review is analyzed with a checklist of assessment lists with several questions to assess the quality of studies, namely by using *JBIC* Critical Appraisal Checklist for Experimental Studies (Higgins et al., 2011). Scoring criteria used the choices of "yes" or "no", "unclear" or "not applicable", and each criterion with "yes" is worth one point, while the other will be scored zero, each study score is then calculated and summed. Critical appraisal to assess eligible studies was conducted by researchers. If the study score of at least 50% met the critical appraisal criteria with the cut-off point value agreed upon by the researchers, the study was involved into the inclusion criteria. The researchers excluded low-quality studies and review recommendations. In the last screening, eighteen studies were found to achieve scores higher than 50% and were ready for data synthesis. However, due to the assessment of the risk of bias, three studies were eventually excluded and the articles used in this literature review study were 14 journals. This study was intended to contribute to strategies for providing

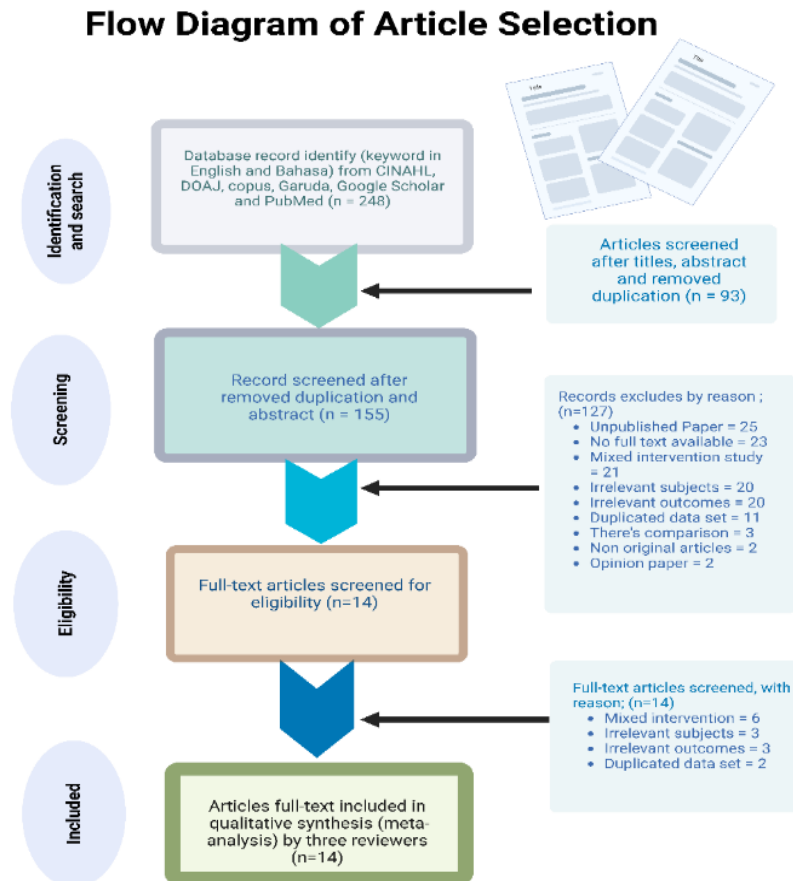
effective education for adolescents, improving the quality of parenting in the family and intensive exposure to information for adolescents.

## 3. RESULT AND DISCUSSION

### 3.1 Result

#### *Selection process and assessing bias risk*

Researchers found 248 articles that matched the keywords used. Researchers then conducted a review of the titles and abstracts of the remaining 155 studies after selecting articles according to keywords and discarding the duplication of 93 studies (37.5%). If the accuracy of the article is more likely to be difficult to assess, the researcher will review the original article. In the end, 127 studies were excluded (82.6%) and 28 articles remained. The next stage was continued with the re-detection process by adjusting the quality requirements of articles in accordance with the provisions of study inclusion, so that 14 articles were eliminated, and only 14 studies were finally selected. The article selection process was presented on the following flowchart (Figure 1).



**Figure 1.** Flow diagram of article selection

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### Characteristic Descriptive Study

In the flow diagram figure (Figure 1), there are 14 articles that met the inclusion criteria. The sub-discussion based on the topic of literature review consists of an analysis of the determination of factors related to premarital sex behavior in adolescents. In general, each study discussed factors related to adolescent premarital sex behavior. Articles relevant to this systematic review were mostly conducted in Indonesia (13 studies) (Mahmudah et al., 2016; Lailatul, 2019; M. Ulfah, 2018; Yolanda et al., 2019; Dian N, 2018; N.Nirmaya, 2018; Alfiyah et al., 2018; Novi W, 2020; N. Nirmaya, 2017; Suwarsi, 2016; W.Wahyuni S, 2018; S. Putri, et al., 2017; S.M Ayu et al., 2019 and Saudi Arabia (1 study) (Alsubaie,

2019) , and all of them already met the inclusion criteria

In this study, several factors were found to influence the premarital sex behavior of 3,177 respondents, consisting of 2,718 adolescent respondents in Indonesia and 459 adolescent respondents in Saudi Arabia. Most of the respondents were aged 12-20 and were unmarried teenagers. The study involved both male and female respondents, as the study was universal and was mostly at the level of junior high school, senior high school, and college education.

We conducted a meta-analysis synthesis based on the findings of 14 articles that had met the criteria, through a joint discussion forum involving three researchers, and summarized them in the following summary table of results (Table 3).

**Table 3.** Meta-Analysis and Summary of Results

No	Lead Author Name, Year of Publication, Literature Title	Study design, samples, variables, instruments, and analysis	Factor Analysis Results	Summary of Results
1	Mahmudah, Yaslinda Yaunin, Yuniar Lestari (2016) Factors related to adolescent sexual behavior in the city of Padang  Publish: Andalas Health Journal	Design : Cross sectional  Sample: 158 teenagers  Variable : Gender, puberty age, degree of knowledge, exposure to sources of information and attitude  Instrument : questionnaire  Analysis : Chi Square	The results of the analysis showed respondents with risky behavior (20.9%). The variables with a $p < 0.05$ value were gender, exposure to sexual sources of information and attitudes towards various sexual behaviors.	The results of the study concluded that the sexual behavior of adolescents in Padang City was influenced by high exposure to sexual information sources and negative attitudes towards various sexual behaviors
2	Lailatul Khusnul Rizki, Rizki Amalia (2019) Analysis of factors influencing premarital sex behavior in adolescents in the work area of the Porong Health Center  Publish: Health Scientific Journals	Design : Cross sectional  Sample: 100 teenagers  Variable : Knowledge, attitude, the role of parents, media exposure, peer influence  Instrument : questionnaire  Analysis : Chi Square	Based on the results of the analysis of the relationship of knowledge with premarital sexual behavior, 8% of students with good knowledge performed risky premarital sexual behavior. In addition, the results of the analysis of the relationship of attitudes with premarital sexual behavior showed that 4% of students with good attitudes had risky premarital sexual behavior, while there were 34% of students with less attitudes who engaged in premarital sexual behavior.	The results showed that there was an influence of knowledge, attitudes, media exposure, and peers to premarital behavior in adolescents, whereas parental roles showed no relationship to adolescent premarital behavior
3	Mariah Ulfah (2018) Factors influencing premarital sexual behavior in junior and senior high school adolescents in the ex- administrative city area of Cilacap  Publish: Medisains Scientific Journal of the Health Sciences	Design : Cross sectional  Sample: 596 teenagers  Variable : adolescent characteristics, media access (sexuality and pornography), attitudes (individuals towards sex, society, parents and friends), perceptions, knowledge and values of virginity.  Instrument : questionnaire  Analysis : Chi Square	The results of the analysis showed no direct influence of adolescent characteristics, attitudes of society, parents, friends, and attitudes towards premarital sex behavior ( $t > 1.96$ ). There was a direct influence of media access, the role of teachers, perception, knowledge and value of behavior premarital sexual in young women ( $t > 1.96$ ; R square 0.336)	The results showed that 36.6% of premarital sex behaviors in junior and senior high school adolescents in Cilacap Regency was influenced by media access, the role of teachers, perceptions, knowledge and virginity values
4		Design : Cross sectional	The results of the analysis showed that 53.2% of	The results showed that the factor related to adolescent



No	Lead Author Name, Year of Publication, Literature Title	Study design, samples, variables, instruments, and analysis	Factor Analysis Results	Summary of Results
	Rennie Yolanda, Angela Kurniadi, Tommy N.T (2019)  Factors related to adolescent attitudes towards premarital sexual behavior in South Siberut Sub-District, Mentawai District, 2018  Publish: Journal of Reproductive Health	Sample: 126 teenagers  Variable : Gender, father's education level, mother's education level, parents' income, HIV/AIDS knowledge level and attitude towards HIV/AIDS.  Instrument : Questionnaire  Analysis : Chi Square	adolescents did not support premarital sex behavior. The results of the analysis showed a relationship between adolescent attitudes towards premarital sexual behavior and gender.	attitudes towards premarital sexual behavior was gender.
5	Dian Novita Sari, Ayi Darmana, Faith Muhammad (2018)  The influence of predisposing factors, possibilities and drivers on sexual behavior at Asuhan Daya Medan High School  Publish: Journal of Global Health	Design : Cross sectional  Sample: 91 teenagers  Variable : knowledge, attitude, religion, exposure to pornographic media, parents, peers, teachers  Instrument : Questionnaire and interviews  Analysis : Chi Square	The results of the analysis showed the influence of attitudes ( $p=0.000$ ), the influence of religion ( $p=0.000$ ), the influence of exposure to pornographic media ( $p=0.000$ ), the influence of parents ( $p=0.000$ ), the influence of peers ( $p=0.007$ ) and the influence of teachers ( $p=0.004$ ).	The results of the study concluded that there was an influence between attitudes, exposure to pornographic media, the role of parents and peers. Meanwhile, religious knowledge and the role of the teacher did not show any influence on adolescent sexual behavior
6	Nina Nirmaya Mariani, Siti Fatimah Murtadho (2018)  The role of parents, the influence of peers and attitudes related to premarital sexual behavior in students of SMA Negeri 1 Jamblang, Cirebon Regency  Publish: Journal of Care	Design : Cross sectional  Sample: 268 teenagers  Variable : the role of parents, the influence of peers and attitudes  Instrument : Questionnaire  Analysis : Chi Square	The results of the analysis indicated the relationship of parental roles with premarital sexual behavior ( $p = 0.004$ ), peer influence with premarital sexual behavior ( $p = 0.000$ ) and attitudes with premarital sexual behavior ( $p = 0.003$ )	The results of the study concluded that there was a relationship between the role of parents, the influence of peers and attitudes with premarital sexual behavior in students of SMA Negeri 1 Jamblang, Cirebon Regency in 2017.

No	Lead Author Name, Year of Publication, Literature Title	Study design, samples, variables, instruments, and analysis	Factor Analysis Results	Summary of Results
7	Nur Alfiyah, Teti Solehati, Titin Sutini (2018) An overview of factors related to premarital sexual behavior in adolescents at SMPN 1 Solokanjeruk, Bandung Regency Publish: Journal of Education	Design : Cross sectional Sample: 310 teenagers Variable : knowledge, family norms, religion norms, smartphone Instrument : closed questionnaire Analysis : Chi Square	The results of the analysis showed a relationship between the role of parents with premarital sexual behavior ( $p = 0.004$ ), the influence of peers with premarital sexual behavior ( $p = 0.000$ ) and attitudes with premarital sexual behavior ( $p = 0.003$ )	The results of this study showed that there was a relationship between family norms and smartphone use with premarital sexual behavior
8	Novi wulan Sari (2020) Factors related to sexual behavior on adolescent Publish: Human Care Journal	Design : Cross sectional Sample: 91 teenagers Variable : Social media, parenting style, peers Instrument : questionnaire Analysis : Chi Square	The results of the analysis indicated that 16.5% of adolescents had risky sexual behavior, 51.6% of adolescents were exposed to mass media about sexual behavior, and 56.0% of peers were supportive about sexual behavior.	The results showed that there was a relationship between mass media, parenting, and peer support with sexual behavior in adolescents
9	Nina Nirmaya Mariani, Dian Fitriani Arsy (2017) Factors influencing adolescent sexual behavior at SMP Negeri 15 Cirebon in 2017 Publish: Care Journal	Design : Cross sectional Sample: 221 teenagers Variable : Knowledge about reproductive health, information media and self-esteem Instrument : questionnaire Analysis : Chi Square	The results of the analysis showed that 82.4% of students had knowledge of reproductive health, 84.2% of students did not use information media, 84.2% had low self-esteem and another 86.9% had sexual behavior with a mild category	The results of this study concluded that there was an influence of knowledge about reproductive health, information media and self-esteem towards adolescent sexual behavior at SMP Negeri 15 Cirebon City.
10	Suwarsi (2016) Analysis of factors causing premarital sexual behavior in teenagers in Wedomartani Village, Sleman, Yogyakarta Publish: Journal of Ners and Indonesian Midwifery	Design : Cross sectional Sample: 80 teenagers Variable : Gender, Tv Media and Internet Media Instrument : questionnaire Analysis : Chi Square	The results of the analysis indicated that 60 adolescents (80%) of men had premarital sexual behavior.  There were 45% teenagers who were at risk of exposure to promiscuous sex through TV media, and 45 teenagers (56,3%) who had accessed pornography through the internet	The results showed that teenagers in Wedomartani Village had premarital sexual behavior and were carried out mostly by men. There was a relationship between tv media and internet media towards premarital sexual behavior in adolescents.

No	Lead Author Name, Year of Publication, Literature Title	Study design, samples, variables, instruments, and analysis	Factor Analysis Results	Summary of Results
11	Wilda Wahyuni Siregar, Dwi Handayani (2018) Factors affecting sexual behavior in adolescents Publish : Journal of Obstetrics Research & Reproductive Health	Design : Cross sectional Sample: 128 teenagers Variable : Knowledge, attitudes, sources of information, socioeconomic, role of closest people, self- control, lifestyle. Instrument : questionnaire Analysis : Chi Square	The results of the analysis showed that the majority of respondents had high-risk sexual behavior (43.0%). There were 53.9% of adolescents with low knowledge, 54.7% of adolescents with negative categories, 57.8% of adolescents with low socioeconomic status, and 56.3% of adolescents exposed to sexuality from sources (media) of information	The results showed that sexual behavior in adolescents was influenced by knowledge, attitudes, sources of information, socioeconomics, the role of closest people, self-control, lifestyle.
12	Shildiane Princess, Zahroh Shaluhayah, Priyadi Nugraha Prabamurti (2017) : Factors related to the sexual behavior of adolescents living in the argorejo resocialization environment of Semarang City Publish: Journal of Public Health (e-journal)	Design : Cross sectional Sample: 68 teenagers Variable : Gender, age, education, occupation, parental occupation, status of residence, knowledge, attitudes, peers, parental support, health workers Instrument : In-depth Interviews and Questionnaires Analysis : Chi Square	The results of the analysis showed that 11.1% of respondents had very risky sexual behavior, of which 7.9% had sexual intercourse. Variables related to adolescent sexual behavior : occupation (p=0.000), attitude towards sexual behavior (p=0.011) and peer behavior (p=0.035).	The results of the study concluded that adolescents in the Argorejo resocialization environment of Semarang city had a very risky sexual behavior. Variables related to adolescent sexual behavior were work, attitudes and peers
13	Ali Saad R. Alsubaie (2019) Exploring Sexual Behavior and Associated Factors among Adolescents in Saudi Arabia: A Call to End Ignorance Publish: Journal of Epidemiology and Global Health	Design : Cross sectional Sample: 459 teenagers Variables: Attitude, knowledge, religion and the role of parents. Instrument : Questionnaire Analysis: Chi Square	The results of the analysis showed that 327 respondents (72.2%) had sexual intercourse before marriage. 172 (38%) of respondents reported having sexual experiences. Most of the respondents (387, 85.6%) believed that teenagers need school-based sex education, and 418 (92.3%) of respondents stated that sex education is effective and necessary.	The results of the study concluded that the sexual behavior of premarital adolescents was influenced by attitudes, knowledge, religion and the role of parents.
14	Suci Musvita Ayu	Design : Cross sectional		



No	Lead Author Name, Year of Publication, Literature Title	Study design, samples, variables, instruments, and analysis	Factor Analysis Results	Summary of Results
(2019)	Predisposing, Enabling and Reinforcing Factors of Premarital Sex Behavior in School Adolescents	Sample : 481 teenagers Variables: knowledge, attitude, self-esteem, information sources, the role of peers, roles of family and teacher Instrument : Questionnaire Analysis: Chi Square	The results of the analysis showed that 68.6% of people had high knowledge, 50.5% of people had a positive attitude, and another 324 respondents (67.4%) had self-esteem tall. The role of peers reportedly influenced the formation of premarital sexual behavior (54.3%), while other respondents stated that they had never engaged in behavior premarital sex (81.5%)	There was a relationship between knowledge, self-esteem, sources of information and the role of peers with premarital sex behavior. While the role of the family and the role of the teacher did not show a relationship with premarital sex behavior
	Publish: Journal of Public Health (KESMAS)			

The results of the review of the article summarized above (Table 3), imply that this integrative study was intended capable of describing the high level of sexual behavior among adolescents today, contributing to strategies for providing effective educational sex communication for adolescents, improving the quality of parenting in the family to play a more important role in barriers to negative adolescent attitudes and behaviors, and intense monitoring of information exposure, especially easy access to pornographic content.

### 3.2 Discussion

This study was conducted to identify and discuss the determination of factors related to premarital sex behavior in adolescents, both on a national and global scale. Factors evaluated include variables of knowledge, attitudes, family roles, and individual sources of information. On the analysis results of risky sex behavior variables, instruments of action parameters that lead to risky and non-risky adolescent sexual behavior were obtained through open and closed interviews with respondents. This interview was conducted to examine the confession of teenagers who have had premarital sexual intercourse (Putri et al., 2017; D. N. Sari et al., 2018). Unsafe (risky) sexual behavior is sexual behavior done by adolescents without any legal marriage ties, which can lead to various health problems. Teenagers with sexual behavior are at risk of claiming to have had sexual intercourse on the grounds of curiosity and they have relationships mostly with their partners (Mahmudah et al., 2016; Rizki & Amalia, 2019).

Based on a study conducted by Siregar & Handayani (2018), the majority of adolescents had high-risk sexual behavior of 55 (43.0%). In Mariani & Murtadho (2018), there were adolescents who had low (54.1%) and high (45.9%) premarital sexual behavior. Study conducted by Alfiah et al., (2018) indicated that there were 152 teenagers at risk of premarital sexual behavior. Risky sexual behavior is a sexual activity that involves vaginal and anal, making it vulnerable for people to contract sexually transmitted diseases such as HIV/AIDS. Adolescents who have engaged in low-risk sexual behavior are prone to high-risk sexual behavior, which will subsequently be vulnerable to contracting sexually transmitted diseases (Mariani & Murtadho, 2018). The conceptual results of some of these articles indicate that risky adolescent sex behavior is an activity contrary to eastern cultural values and relevance (Asmin & Mainase, 2020). Where the eastern culture of the Asian nation strongly prioritize reason, spiritual values, and contextual concepts of efforts aimed at establishing the next generation of people who uphold civilized values or norms and grow up in the community well.

Moreover, adolescent sexual intercourse causes the rate of unwanted pregnancies to be higher. This is due to the mistake of most teenagers who have had sex without contraception. In addition, unwanted pregnancies in adolescents often lead to abortion. The medical risk of abortion in adolescents is quite high, such as bleeding, complications due to unsafe abortions, to deaths (Ayu et al., 2019). Outputs that discussed knowledge variables were tested using questionnaires related to all aspects that adolescents

know about reproductive health and knowledge of premarital sex behavior. Of the 14 articles that had been reviewed, there were 10 articles that discussed the influence of knowledge, namely articles (Alfiyah et al., 2018; Ayu et al., 2019; Mahmudah et al., 2016; Mariani & Arsy, 2017; Putri et al., 2017; Rizki & Amalia, 2019; D. N. Sari et al., 2018; Siregar & Handayani, 2018; Ulfah, 2018; Yolanda et al., 2019).

The study results conducted by (Rizki & Amalia, 2019) showed that 8 students (8%) with good knowledge had performed risky premarital sexual behavior, while 30 students with low knowledge (30%) of premarital sexual behavior had performed risky premarital sexual behavior with a value of  $p=0.000$ . Based on the study conducted by Mariani & Arsy (2017), adolescents with low knowledge of reproductive health had engaged in mild sexual behavior (56.4%) and at risk of doing severe sexual behavior (43.6%) with a  $p$  value = 0.000. Study conducted by Siregar & Handayani (2018) the majority of adolescents with poor knowledge were amounted to 69 (53.9%) people with a PR score =11.1, meaning that adolescents with poor knowledge had an 11 times high risk of sexual behavior. Knowledge or cognitive is regarded as an important domain in shaping one's actions (overt behavior) (Alsubaie, 2019; Yundelfa & Nurhaliza, 2019). The sexual act that a person performs is influenced by the existence of knowledge and attitudes possessed. Although many teenagers have knowledge about sex, cultural factors prohibit discussion of sexuality in public, because it is considered taboo. Thus, it will lead to adolescents' knowledge of sex being incomplete where they only know how to have sex but do not know the impact that will arise as a result of such sex behavior (Putri et al., 2017). Based on all journals, it can be known that adolescents with low knowledge is more at risk of having promiscuous sex behavior, compared to adolescents with good knowledge.

Adolescents' attitudes towards premarital sex behavior were tested using questionnaires on a likert scale, all questions related to respondents' confession of sexual behavior experiences. Of the 14 articles reviewed by the researchers, there were 9 articles that discussed the influence of attitudes on premarital sex behavior, namely (Alsubaie, 2019; Ayu et al., 2019; Mahmudah et al., 2016; Mariani & Murtadho, 2018; Putri et al., 2017; Rizki & Amalia, 2019; D. N. Sari et al., 2018; Siregar & Handayani, 2018; Yolanda et al., 2019). In a study performed by Ulfah (2018), adolescents were found to have a permissive attitude towards sexuality (61.9%), this attitude has a 16% effect on premarital sexual behavior. Therefore, it may be concluded that the factor that drives individuals to have sexual intercourse is weak self-

control, that can be influenced by others as well as the environment. This study is in line with D. N. Sari et al. (2018), who found that there were 40 (44.0%) adolescents who had a positive attitude and 51 (56.0%) adolescents who had a negative attitude with an OR value = 2,128, meaning that respondents who behaved negatively would have 2.1 times more likely to have had premarital sex compared to respondents with positive attitude.

Attitudes indicate the appropriateness of the response to a certain stimulus, so it may be known that risky sexual behavior tends to be found a lot in adolescents who have a negative attitude (Sebayang et al., 2018; Sirojammuniro, 2020). Adolescents with their inquisitive nature are worried about being easily influenced by the environment, so their attitude tends to be more permissive with the behavior of their group (Mahmudah et al., 2016). The suitability of the study results indicated that attitudes are predispositions (determinants) that give rise to behavior in accordance with their attitudes. L.Green's theory states that predisposing factors (attitudes) are related to the behavior of a person. From the results of the researchers' review, no study results were found that contradicted the influence of attitudes on premarital sex behavior.

In one of the articles, it was mentioned that teenage boys were more likely to engage in sexual intercourse for the first time (Putri et al., 2017). Based on the results of in-depth interviews conducted with 5 respondents, they admitted that sexual activity was commonly done by adolescents who live in resocialization touching to intercourse, because their environment had a high level of permivisitas and was influenced by the behavior of their peers, so that it had become part of their life-style. They assumed that sex was perfectly normal to do when dating. If the couple did not have sex, they will be considered abnormal.

The role of the family on adolescent sex behavior was tested using questionnaires on respondents' confession of family harmony, parenting, and family involvement in motivating them to prevent and overcome adolescent sexual problems. Of the 14 journals reviewed, there were 9 journals that discussed the influence of family roles on premarital sex behavior. In a study conducted by Alfiyah et al., (2018), of the 181 (58.4%) adolescents under strict parental supervision, 110 respondents (35%) were at risk of having premarital sex behavior. Meanwhile, of the other 129 (41.6%) with less strict supervision, 42 (14%) were at risk of having premarital sexual behavior. This results showed a relationship between family norms and premarital sexual behavior with a value of  $p = 0.001$ . The results of in-depth interviews showed that permissive attitudes and emotional

impermanence of parents may lead to a negative impact on the relationship between parents and adolescents in interpersonal communication (Mariani & Murtadho, 2018; S. N. Sari, 2019). While the study results conducted by Putri et al. (2017) indicated that 55.6% of adolescents had low support from their parents, as respondents were less likely to be supervised by parents with a  $p$  value = 0.120, which stated there was no parental support relationship to adolescent sexual behavior. The role of the family is very influential for the development of the child's personality, because parents are considered capable of creating an appropriate family environment, namely a harmonious and balanced atmosphere. Parents are expected to succeed in being democratic, both in providing rules and prohibitions and trying to train children to be confident and independent (Susanti & Widyoningsih, 2019).

Exposure to sources of information related to adolescent sex behavior was tested using a questionnaire about respondents' confessions about information regarding adolescent premarital sex behavior that puts adolescents at risk of premarital sex behavior. The sources of sexual information were derived from mass media (print or electronic), parents, health workers, teachers and peers (Asmin & Mainase, 2020; Wijayanti, 2019). Pornographic media is considered capable of having a major influence on adolescent sexual behavior. Reading, viewing and watching pornographic films will motivate and stimulate adolescents to imitate or practice them (Suwarsi, 2016; Winarti & Andriani, 2019). If they are constantly exposed to pornographic content, sexual practices are more likely to happen. This is due to high sexual and hormonal desire for puberty. Of the 14 articles reviewed by the researchers, there were 11 articles that discussed about the influence of information sources on premarital sex behavior. Based on a review of closely related factors related to premarital sex behavior, it was identified in this study that information exposure factors were considered the top priority and the most powerful key factors dominate the emergence of risky sexual behaviors in adolescents.

The strength and implication of this study includes how a teenager is able to improve the quality and experience of receiving exposure to information that is particularly susceptible to sexual content. Nowadays, teenagers will always be linked to their social media and cellphones. The dissemination of information and the ease of accessing pornographic video content that appears in internet page ads are known to be the toughest challenges for teenagers to be able to choose and sort sexual content properly and appropriately. The shortcomings of the study are that the articles used are not from the last 5 years and this

is using national articles, the international articles just one only. According to the findings of this review, barriers and strategies in the promotion and improvement of a selective culture towards the selection of positive access to information are considered very important. The role of health workers in providing early sex education and education is considered an appropriate strategy to prevent risky sex behavior in adolescents, this is one of the limitations of this study that is not capable of being provided directly to the study samples. For the future study, it's recommend that another variabel such as activities, frendship enviroment, and model of family parenting can be used for next research.

#### 4. CONCLUSION

In the results of an integrative review of the 14 articles, this study concluded that there was a close relationship between factors of knowledge, attitudes, family roles, and sources of information on premarital sex behavior in adolescents. The results of the review identified that the strongest factor was dominated by exposure to information sources. Easy exposure to information affected sexual activity during adolescence due to low knowledge, high but risky curiosity, and lack of strictness in the role of parents in family parenting. Through the results of this study, researchers recommend that adolescents be able to develop their potential by doing positive activities, so that they can spend their time with useful things. Teenagers should be able to use technology smartly by avoiding pornographic content. Moreover, active role of health workers in health promotion education programs in the form of early sex education is one of the right strategies to prevent adolescent sex behavior.

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